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KERRI WALSH JENNINGS SHARES HER TRAINING TIPS. PAGE 27

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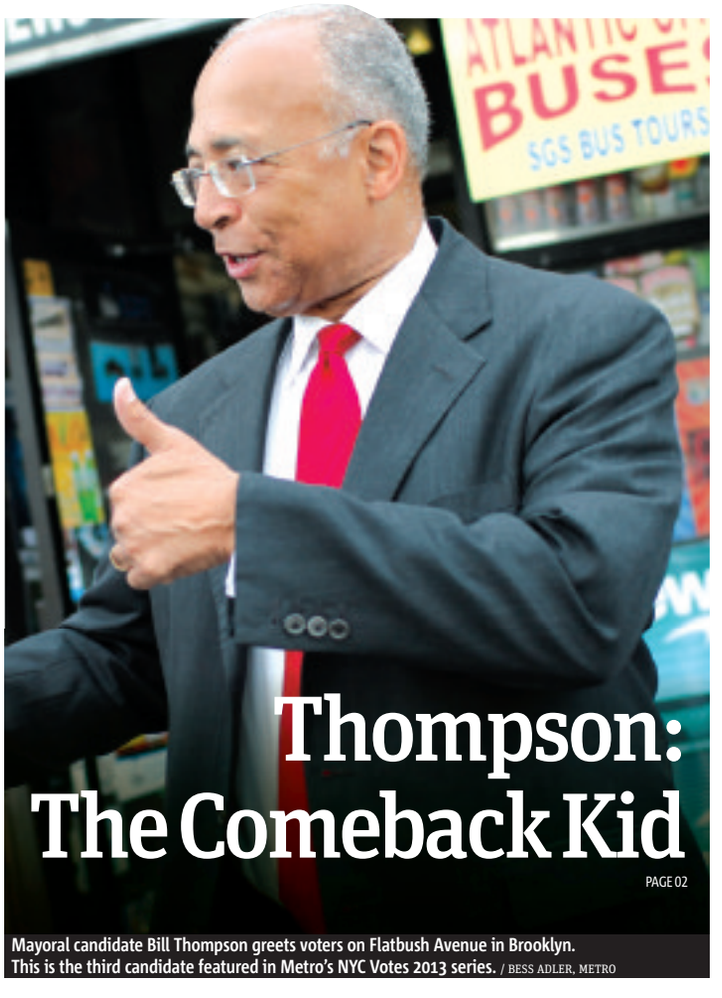

Thompson: The Comeback Kid

PAGE 02

Mayoral candidate Bill Thompson greets voters on Flatbush Avenue in Brooklyn. This is the third candidate featured in Metro's NYC Votes 2013 series. / BESS ADLER, METRO

Plastic bag fee would wallop city shoppers

Sacked. Some Council members are proposing a 10-cent charge for every plastic bag New Yorkers use in an effort to make the city greener. **Lots of bags.** Each New Yorker uses from 300 to 600 plastic bags per year, causing almost 100,000 tons of waste. PAGE 04

Eight hurt in explosion at Jersey naval base

PAGE 10

Timberlake bringing 'NSync back? Why?

PAGE 12

We've got Stockholm syndrome for Ikea line

PAGE 24

[The difference] is turning your vision into reality.

—Hanan Mountajy, AS, Business '13

Military Veterans, ask about Operation Tuition Freedom.

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Top 3

What's trending online at Metro.us

1 'VIDEO: SI swimsuit model Chrissy Teigen gets Skittles shower'

2 'PHOTOS: Alex Rodriguez's greatest hits, sort of'

3 'VIDEO: Obama family welcomes new puppy'

Quoted

"New Yorkers have some great ideas."

Bill Thompson, on talking with city voters

Bill Thompson said that the 2013 election is different than the one in 2009, when he almost beat Michael Bloomberg to become the mayor of New York City. / BESS ADLER, METRO

Thompson: Second time is the charm

Ideas man. The mayoral candidate says this election is ripe for his policies and vision of leading the city.

Anthony Weiner may be the long-shot candidate trying to make a seemingly impossible return to politics, but Bill Thompson is the true Comeback Kid: He's the man who nearly prevented Mayor Michael Bloomberg's third term, losing by only a statistical handful of votes in 2009.

And Thompson says everything feels different this time around.

"People didn't believe that Mike Bloomberg could be beat," he said. "It was difficult to be able to speak about issues and have it resonate — this election is different."

Thompson grinned as a woman on Flatbush Avenue in Brooklyn exclaimed, "First time I'm shaking the hand of a future mayor!"

He dismissed the notion that his time outside of politics has made him rusty.

"If anything, I think that it helps you improve your perspective," he said.

As he shook hands, 25-year-old Latoya Phillip came up and explained that she had gotten off her bus before her stop just to speak with him.

She told him that she had a 4-year-old daughter who she couldn't get into a school, even though there were two within walking distance.

"It's forcing me to pay for my daughter to go to pre-K, which, as you know, is very expensive," she said.

Thompson expressed sympathy and explained the problem: There aren't enough schools. But, he said, the governor has promised more money for pre-kindergarten education, and there is even money the city has that keeps getting sent back. He promised that when he is mayor, he will find more space for schools.

The interaction with Phillip highlighted what has become his two most compelling platforms to voters: education and racial profiling, particularly as the stop-and-frisk debate has ramped up in the wake of a federal judge ruling the NYPD's conduct unconstitutional.

At a luncheon for the launch of Caribbean-Americans for Thompson, the crowd responded enthusiastically, with everyone rising to their feet when he spoke.

The only noticeable lull was when he insisted, "We want to work with the police."

The previously responsive crowd grew silent until Thompson worked his way to a criticism of stop-and-frisk, and applause picked up again.

But Thompson has repeatedly said his position on stop-and-frisk hasn't changed: In Thompson's New York City, the practice would be reformed, not eliminated.

"We have to make sure we push hard to get guns off the streets, and we need the tools to do that," he said.

The closing speaker at the Caribbean luncheon, Dr. Ionie Pierce, made one last push for people to vote for Thompson and urge others in the community to do so as well.

"I don't want you to say 'Bill' because people might get confused," she advised.

"The education mayor!" someone shouted.

Thompson, clearly pleased with the title, grinned and nodded.

DANIELLE TCHOLAKIAN
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What to expect

Thompson would expand pre-K by finding more spaces for the schools.

- He would appoint a new police commissioner, as well as a new schools chancellor.
- He would not appeal the ruling calling for a federal monitor over the NYPD.
- Thompson would continue much of the good work Bloomberg has done with health initiatives.
- Police officers conducting stops would have to write out tickets — which people who are stopped can keep — explaining why the stop occurred.

Public safety

"We still have to work hard to keep New York City safe. We can't relax."
Thompson

NYC votes 2013

Contenders

This is the third in a series of profiles that Metro will run on mayoral and comptroller candidates before the primary on Sept. 10.

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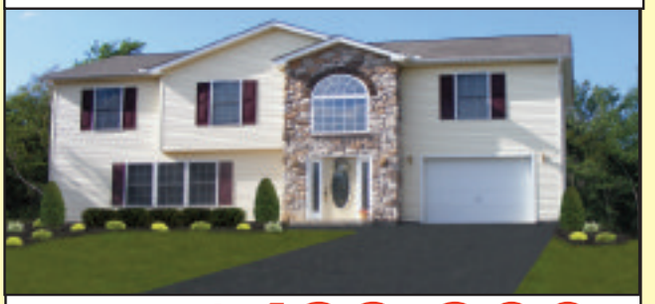

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Midtown. Tourist hit by out-of-control taxi may lose leg: Police

A woman was hit by a taxi in Midtown Manhattan on Tuesday morning, fire officials reported.

The taxi reportedly jumped the curb and struck the woman as she was standing on the sidewalk at 1251 Avenue of the Americas.

The woman was a 23-year-old tourist visiting from England, according to NYPD reports. The taxi severed her right leg below the knee.

Police confirmed she is being treated at Bellevue Hospital. A law enforcement official said she was going into surgery to re-attach her leg.

A bicyclist also suffered from minor injuries, police said.

The taxi cab driver told police that he lost control of the car.

Police confirmed that NBC's Dr. Oz came out to help adjust a tourniquet that good Samaritans had fashioned for the victim's leg. **DANIELLE TCHOLAKIAN**

Arson in Queens

Man, 22, arrested in connection with fires

Police have arrested a man in connection with a series of fires in Queens on Sunday.

Devon Page, 22, has been charged with five counts of arson.

Page allegedly set a car on fire and started several rubbish fires, police said. **LAURA SHIN**

Fee proposed to curb plastic bag use in city

Recycling. A new law could cost New Yorkers greenbacks in order for the city to go green.

A plastic bag mural was unveiled along with the new law. / ANNA SANDERS, METRO

New York City consumers would be charged 10 cents for each plastic and paper bag used at retail and grocery stores under a bill that will be introduced in City Council Thursday.

"It is time for New York to substantially reduce our plastic bag waste!" Council Member Brad Lander said.

Every New Yorker uses between 300 and 600 plastic bags a year on average, officials said. The city spends roughly $10 million to dispose of 100,000 tons of plastic bags in landfills each year.

The law would reduce waste by requiring retailers and grocers to charge at least 10 cents for every bag used — double-bagging included.

Exceptions to the rule include restaurants throughout the city and bags that stop meat and produce contamination.

Stores are required to post signs informing customers of the tax, but retailers won't need to inform them how many bags are used during checkout.

No charge

"The nice thing about this charge is that you can avoid it entirely if you bring your reusable bag."
Brad Lander

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Quinn received the endorsement from the group yesterday. / @PPNYCACTION, TWITTER

Planned Parenthood committee backs Quinn

Sex education. The candidate received an endorsement from the political arm of the women's health group.

Citing her work providing New Yorkers with access to sexual and reproductive services, the Planned Parenthood of NYC Political Committee endorsed City Council Speaker Christine Quinn for mayor Tuesday.

"Chris has shown her commitment to protecting women's access to life-saving cancer screenings, birth control and safe and legal abortion — and she wholeheartedly shares our belief that medical decisions are best made by women and doctors, not politicians," Joan Malin, head of the political committee, said.

Quinn said she was "proud" of the support.

"Planned Parenthood and their political committee has a long, amazing history of breaking barriers on behalf of women and has not once through the decades let up on their relentless fight to protect the health of women and girls," Quinn said.

The endorsement is the latest in a string of support from women's groups and activists.

ANNA SANDERS
anna.sanders@metro.us

Promises

Quinn said that she would help provide students with comprehensive health education if elected. She said she would also require schools to include health education in report cards.

Women's health

Christine Quinn announced a series of women's health initiatives that she would undertake as mayor.

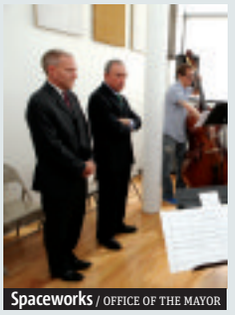
- Quinn said she would ensure that every school has a health education-certified teacher.
- Feminist activists Gloria Steinem and Sandra Fluke have also endorsed Quinn in the election.

Long Island City

Affordable rental space opens for artists

Mayor Michael Bloomberg joined in the ribbon-cutting of an affordable rental space for artists in Long Island City, Queens.

Three rehearsal rooms and one music studio for performing artists make up the pilot site for Spaceworks, a nonprofit organization aiming to develops affordable rehearsal and visual space for artists citywide.



Spaceworks / OFFICE OF THE MAYOR

"By integrating affordable workspace for artists into neighborhoods across the city, Spaceworks is helping us find innovative ways to attract the talented workers who help shape our City's economy, identity and quality of life," Bloomberg said.

The $200,000-project was privately funded and is the first of five sites across the city.

All together, they will create 30,000 square feet of workspace for city artists over the next two years.

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Election 2013

Spitzer touts record on education

In a dramatic new ad, city comptroller candidate Eliot Spitzer touts his education record as governor of New York.

"As governor, Eliot Spitzer provided historic funding for New York City schools. So as comptroller, he's going to make sure it stays that way," the narrator says.

Before Spitzer resigned when he was linked to a prostitution scandal, his first state budget provided $19.6 billion in education funding — an increase of 10 percent from the prior year.

ANNA SANDERS

Blaze. Massive fire burns at Jersey City recycling plant

A massive fire broke out at a northern New Jersey recycling plant on Monday night, and firefighters worked into Tuesday morning to get the blaze under control.

The fire started inside Sims Metal Management in Jersey City at about 11 p.m., sending plumes of smoke into the night sky that was visible for miles, according to WABC.

Firefighters battled the fire from land and from marine vessels. It burned for more than eight hours before being brought under control.

Witnesses told NBC 4 New York that a four-story pile of metal was where the fire started.

Big fire

The fire broke out at a large recycling plant in Jersey City.

- The fire started on Monday night and firefighters worked into Tuesday morning to extinguish the blaze.
- It took more than 8 hours to bring the fire under control.

According to the company's website, Sims Metal Management is the world's largest metals and electronics recycler.

LAURA SHIN

Adopt a pet with Metro and the ASPCA

Abrahms, above, and Ray are two cats that are the best of friends. They came to the shelter together, and would be happiest going home as a pair, so they must be adopted as a couple. These two lads are quite handsome and sweet as can be. Ray is sensitive, but looks to Abrahms to help him come out of his shell. Abrahms is social and friendly, but needs time to get accustomed to new surroundings. They would do best in a quiet and calm household in which the owner has cat experience. Children over the age of 10 would be ideal. To adopt Abrahms and Ray, stop by the ASPCA Adoption Center at 424 E. 92nd St. or visit www.adoptaspca.org. / ASPCA

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Media. Guardian says Britain made it destroy Snowden material

The British authorities forced the Guardian newspaper to destroy material leaked by Edward Snowden, its editor has revealed, calling it a "pointless" move that would not prevent further reporting on U.S. and British surveillance programs.

In a column yesterday, Alan Rusbridger said he had received a call from a government official a month ago who told him: "You've had your fun. Now we want the stuff back." The paper had been threatened with legal action if it did not comply.

Later, two "security experts" from the secretive Government Communications Headquarters had visited the paper's London offices and watched as computer hard drives containing Snowden material were reduced to mangled bits of metal.

Asked by the BBC who he thought was behind those events, Rusbridger said he had "got the sense there was an active conversation" involving government departments, intelligence agencies and the prime minister's Downing Street office.

Downing Street and GCHQ declined to comment.

Rusbridger said the "bizarre" episode and the detention at London's Heathrow airport on Sunday of the partner of Guardian journalist Glenn Greenwald showed press freedom was under threat in Britain. **REUTERS**

Police raided the London offices of the Guardian. / GETTY IMAGES

Negotiator

Israel will make 'dramatic decisions' for peace

U.S.-brokered peace talks between Israel and the Palestinians will result in dramatic Israeli decisions, the chief Israeli negotiator predicted yesterday.

Tzipi Livni coupled her forecast with acknowledgement that at least one partner in Israel's right-wing coalition opposed the goal set by the United States, which is brokering the talks, to create a Palestinian state alongside a secure Israel.

Livni, speaking on Israel Radio, said "there will be dramatic decisions" by Israel at the end, and negotiators had agreed not to disclose details about their deliberations in order to build trust.

"We are arguing, but we are arguing inside the room," she said.

Israeli and Palestinian sources said the negotiating teams planned to convene for a third round of talks, in Jerusalem, yesterday. **REUTERS**

Contaminated

Wrecked Fukushima storage tank leaking highly radioactive water

Contaminated water with dangerously high levels of radiation is leaking from a storage tank at Japan's crippled Fukushima nuclear plant, the most serious setback to the clean up of the worst nuclear accident since Chernobyl.

The storage tank breach of about 300 tons of water is separate from contaminated water leaks reported in recent weeks, plant operator Tokyo Electric Power Co. said yesterday.

The latest leak is so contaminated that a person standing 1 foot, 8 inches away would, within an hour, receive a radiation dose five times the average annual global limit for nuclear workers.

After 10 hours, a worker in that proximity to the leak would develop radiation sickness with symptoms including nausea and a drop in white blood cells. **REUTERS**

Quoted

"That is a huge amount of radiation. The situation is getting worse."

Michiaki Furukawa
Professor emeritus at Nagoya University and a nuclear chemist

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Endorsed. LinkedIn opens site to students

LinkedIn Corp. said it will open its social networking site to those above 13 years of age in a move aimed at attracting a younger membership base.

The company, which makes much of its money by selling access to its members' resumes to corporate recruiters, said the changes will come into effect on Sept. 12.

LinkedIn also introduced a new feature called University Pages enabling schools, students and alumni to connect on the website.

More than 200 universities have adopted their pages, including New York University and University of Michigan, LinkedIn said in a blog post on Monday.

LinkedIn said the minimum age for its members will vary by country. The minimum age for online social networking is 14 in the United States the company said. REUTERS

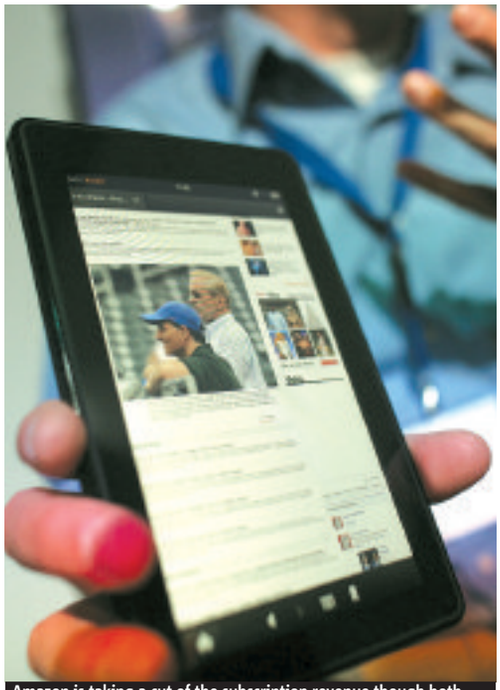
Video streaming

Netflix grabs exclusive TV rights to Weinstein movies

Netflix Inc. obtained a multi-year deal that makes the video streaming company the exclusive U.S. subscription TV provider for new movies from The Weinstein Company starting in 2016, the companies announced yesterday.

The agreement for first-run rights to Weinstein films after they appear in theaters will bring new content to Netflix to help them gain subscribers and compete with cable channels. REUTERS

Conde Nast starts subscriber partnership with Amazon



Amazon is taking a cut of the subscription revenue though both companies declined to provide further details. / GETTY IMAGES

Devices. Increasing digital copies is a key part of the magazine industry's future success.

Magazine publisher Conde Nast announced a major partnership with Amazon yesterday in which the Internet retailer will handle print and digital subscriptions for its stable of glossy publications like Vogue, Wired and Vanity Fair.

Conde Nast is the first magazine publisher to collaborate with Amazon on this type of service, a move that will simplify its subscription process, which currently involves direct mail and stacks of magazine insert cards.

Amazon will allow consumers to purchase, manage and renew their magazine subscriptions under a new "all access" plan for both print and digital editions using their Amazon account. People can still go to Conde Nast directly or to its other partners including Apple Inc.

The digital subscriptions will be made available on several mobile platforms including the Kindle Fire, Apple's iPad and Google's Android tablets and phones.

"We are using the partnership with Amazon to make purchasing and renewing subscriptions as easy as humanly possible," said Bob Sauerberg, president of Conde Nast, in an interview last week. REUTERS

Bundled rates

$6

Conde Nast will offer introductory bundled rates for $6 or less for six months for both print and digital versions of Vogue, Glamour, Bon Appetit, Lucky, Golf Digest, Vanity Fair and Wired. It plans to roll out its other 11 consumer titles later in the year.

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Trucks and armored personnel carriers filled with Egyptian riot police are parked in the main street leading to Egypt's landmark Tahrir square yesterday in Cairo, Egypt. / GETTY IMAGES

White House says US has not cut off aid to Egypt

Options. While under review, the aid has continued, White House spokesman Josh Earnest said.

Media reports that suggest the United States has cut off aid to Egypt are not accurate, a White House spokesman said yesterday, adding that the Obama administration is still reviewing its options.

Earnest also said that Egypt's detention of Muslim Brotherhood leader Mohamed Badie was not in line with the standard that the United States would hope to uphold in protecting basic human rights.

Earlier yesterday, Egypt's army-backed authorities detained the 70-year-old Badie, the Brotherhood's general guide, in the wake of the bloody suppression of rallies demanding the reinstatement of Islamist President Mohamed Morsi, who was toppled by the military last month.

Earnest's comments on U.S. assistance follow media reports, citing a U.S. senator, that the United States had quietly decided to temporarily suspend most military aid to Egypt following the military takeover. REUTERS

Quoted

"That review has not concluded and ... published reports to the contrary that assistance to Egypt has been cut off are not accurate."

White House spokesman Josh Earnest told reporters in a briefing.

Convicted

Army judge to sentence WikiLeaks' Manning

Bradley Manning, the soldier convicted of giving classified U.S. files to WikiLeaks, will be told today how much of his life will be spent in a military prison, a U.S. Army spokesman said.

The judge, Colonel Denise Lind, began deliberating Manning's sentence yesterday and told the court that sentencing would be today. REUTERS

Senator. Cruz may wait eight months to stop being Canadian

Sen. Ted Cruz, who recently discovered that he is likely a Canadian, must win security clearance from Canada's spy agency, fill in a four-page form and then wait up to eight months to sever his ties to America's northern neighbor.

Cruz, a Texas Republican who has fueled speculation that he may run for president in 2016, was born in Canada, which would in virtually all cases automatically entitle him to citizenship. On Monday he offered to renounce that citizenship in the event that he has it.

"Nothing against Canada, but I'm an American by birth and as a U.S. senator, I believe I should be only an American," Cruz said in a statement.

Cruz would be in rare company if he goes ahead, as efforts to give up Canadian citizenship are rare. REUTERS

Shot for fun

Oklahoma boys charged in thrill killing of Australian student

Three teenage boys were charged with the first-degree murder of an Australian college student in Oklahoma "for the fun of it," prosecutors said yesterday.

Christopher Lane, of Melbourne, was found dead of a gunshot wound on Aug. 16, according to police in Duncan, Okla.

Lane was out jogging during a visit to his girlfriend's, when he was shot in the back, police said. He attended East Central University in Ada, Okla., where he was on a baseball scholarship.

Police said one suspect admitted that the teens decided to kill someone "for the fun of it." He said they spotted Lane running and targeted him. REUTERS

Blast and fire

Fire put out on Oklahoma natural gas pipeline after explosion

A fire yesterday caused by an explosion at a natural gas pipeline owned by Enable Midstream Partners near Kiowa, Okla., has been extinguished, an Enable spokeswoman said.

The cause of the blast was unknown, and there were no injuries reported. The incident occurred on a small gathering pipeline in a rural area about 60 miles southeast of Oklahoma City.

The affected section of the pipe was isolated and the remaining gas emptied from that portion of the line.

Enable Midstream Partners LP is a partnership between OGE Energy Corp.'s Enogex LLC and Houston-based CenterPoint Energy Inc. REUTERS

A panda's best friend

A dog stands between panda figures on a marketplace in Bremen, in northern Germany, yesterday. The environmental organization WWF Germany (World Wildlife Fund) wants to draw attention to the shrinking number of just 1,600 animals left of this endangered species. / INGO WAGNER, AFP, GETTY IMAGES)

Injuries. Explosion rocks naval weapons station in New Jersey

Eight people were injured, one of them seriously, after an explosion and fire struck a U.S. Navy ammunitions depot near the New Jersey shore yesterday, Navy officials said.

Fire trucks, ambulances and a medical emergency helicopter rushed to Naval Weapons Station Earle, located near Colts Neck Township, about 45 miles from Manhattan. The cause of the explosion at a Marine boat repair shop at about 9 a.m. was being investigated.

"The damage from the explosion was contained within the boathouse area," the Navy said in a statement.

The injured included seven sailors and one civilian, said base spokesman Mike Brady.

One of the injured was seriously hurt and taken by medical helicopter to a local hospital for treatment, though the type of injuries sustained were still unknown, he said. The seven others suffered minor injuries, including smoke inhalation.

The explosion occurred during routine maintenance on a 35-foot utility boat, and the blast ripped apart both the vessel and much of the adjoining building, Brady said.

A base firehouse is located next door to the boat repair shop, and a crew was able to respond "almost immediately," he said. REUTERS

Quoted

"Ammunition and ordnance operations at the weapons station were not affected by the accident."

The Navy said in a statement

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Egyptian troops check IDs at a checkpoint during the curfew hours in Cairo. / GETTY IMAGES

Egypt arrests Muslim Brotherhood leader

Badie. He was charged with incitement to murder in connection with Morsi protests.

Egypt's army-backed authorities detained the Muslim Brotherhood's leader yesterday, signaling their determination to crush the group and silence protests against the ousting of Islamist President Mohamed Morsi.

The arrest of Mohamed Badie, 70, the Brotherhood's general guide, followed the bloody suppression of rallies demanding the reinstatement of Egypt's first freely elected president, who was toppled by the military last month.

Egypt is enduring the worst internal strife in its modern history, with about 900 people killed, including 100 police and soldiers, after security forces broke up protest camps by Morsi's supporters in the capital on August 14.

A spokesman for a pro-Brotherhood alliance put the death toll amongst its followers at about 1,400.

The turmoil has alarmed the United States and the European Union, but Israel and some Gulf Arab states led by Saudi Arabia have pressed the West not to punish Cairo's new rulers.

Qatar, the only Gulf state seen as sympathetic to Morsi, sent another tanker of liquefied natural gas to energy-strapped Egypt this week despite the army takeover. REUTERS

Death toll

1,400

A spokesman for a pro-Brotherhood alliance put the death toll among its followers at about 1,400.

Dramatic testimony

Horror of North Korean prison camps exposed at UN hearing

Public executions and torture are daily occurrences in North Korea's prisons, according to dramatic testimony from former inmates at a U.N. Commission of Inquiry that opened in South Korea's capital yesterday.

This is the first time that the North's human rights record has been examined by an expert panel, although the North, now ruled by a third generation of the founding Kim family, denies that it abuses human rights. It refuses to recognize the commission and has denied access to investigators.

Harrowing accounts from defectors now living in South Korea related how guards chopped off a man's finger, forced inmates to eat frogs and made a mother kill her own baby.

"I had no idea at all. ... I thought my whole hand was going to be cut off at the wrist, so I felt thankful and grateful that only my finger was cut off," said Shin Dong-hyuk, punished for dropping a sewing machine.

Born in a prison called Camp 14 and forced to watch the execution of his mother and brother, whom he turned in for his own survival, Shin is North Korea's best-known defector and camp survivor. He said he believed the U.N. panel was the only way to improve human rights in the isolated and impoverished state. REUTERS

Prison

200K

There are 150,000-200,000 people in North Korean prison camps, according to independent estimates, and defectors say many inmates are worked to death.

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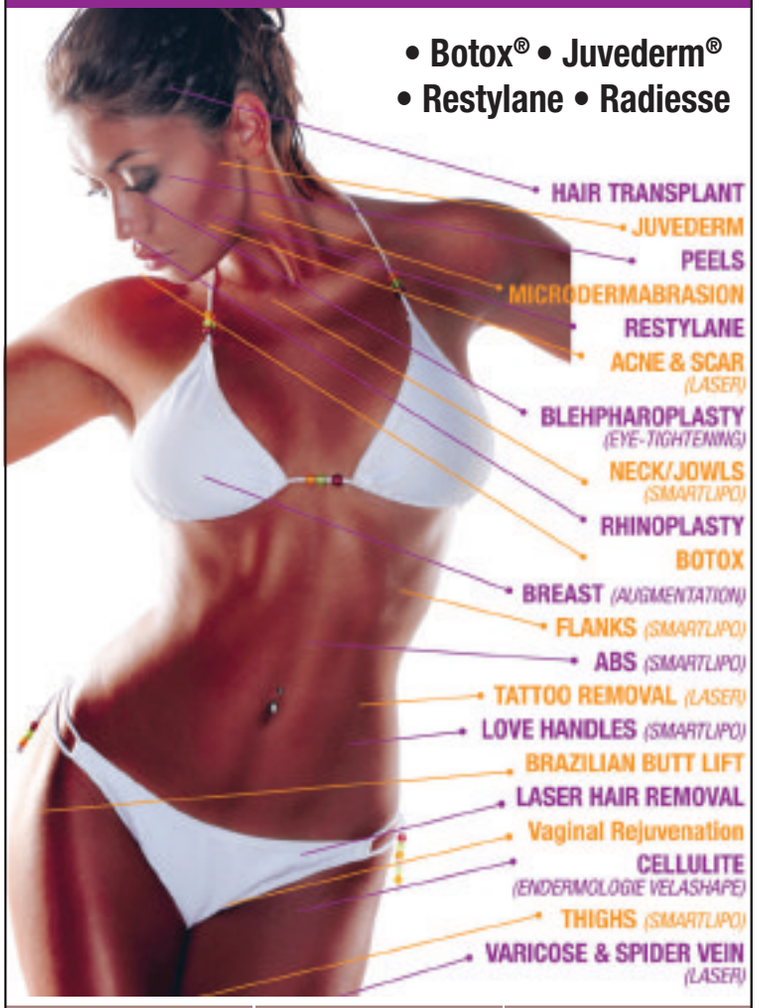

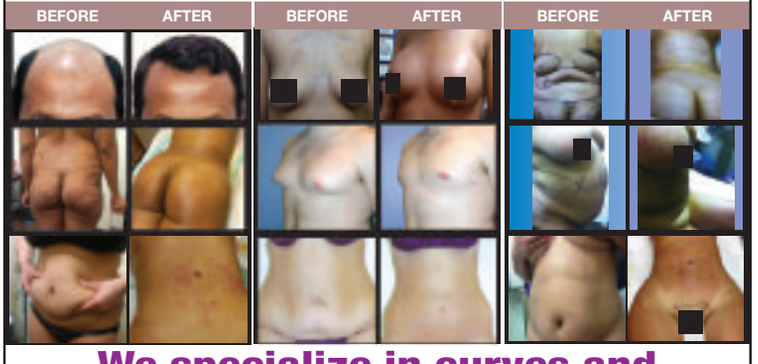

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CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Louis Tomlinson is happy to be back at work, Niall Horan didn't pack appropriately, Liam Payne is bad at keeping secrets and Harry Styles is impressed.

@Louis_Tomlinson: Great to be back with the lads today! Can't wait for the movie

@NiallOfficial: Great last few days @vfestival ! It was incredible ! Wish I could have stayed there for another week! Although I didn't bring enough boxers

@Real_Liam_Payne: I am iron man!

@Harry_Styles: Just saw a guy riding a bike and playing guitar at the same time. No hands.

Hip-hop producer Scott Storch robbed in Manhattan

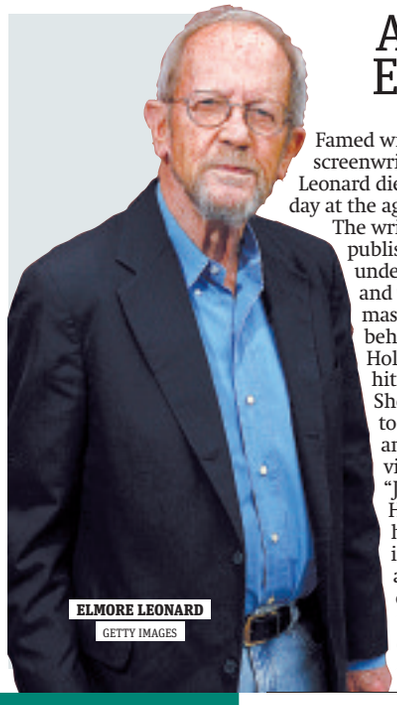
SCOTT STORCH
WIREIMAGE

Me? I usually only wear my $50,000 diamond necklace and $50,000 Rolex on special occasions. But not famed music producer Scott Storch, who was quickly relieved of his high-priced baubles in an early-morning robbery outside of a recording studio in New York City yesterday.

After an all-nighter in the city, Storch, 39, and his entourage were hanging outside of Platinum Studios around 6:45 a.m. in a livery SUV, when they were approached by two armed men. The men quickly plucked the jewels from Storch and took a briefcase from a member of Storch's entourage which reportedly held $4,000 to $5,000 in cash.

So many fascinating points to this story, readers! What robbers are up at 6:45 a.m.? Who carries a briefcase full of cash unless you are a Russian spy from 1980? Hasn't he heard of a checkbook?

Authors mourn Elmore Leonard



ELMORE LEONARD
GETTY IMAGES

Famed writer and screenwriter Elmore Leonard died yesterday at the age of 87. The writer had 45 published books under his belt and was the mastermind behind such Hollywood hits as "Get Shorty," "3:10 to Yuma" and the television show "Justified." He died at his home in Detroit after complications from a stroke. Authors reacted to the news on Twitter, including Anne Rice who wrote, "Few writers have given me so much uncomplicated, unpretentious pleasure for so long. He'll be missed, greatly" to Ian Rankin, who quipped, "Elmore Leonard died? Sad news. What a great writer. Gave me a few tips once. I ignored most of them..." And Dennis Lehane wrote this note on his Facebook page: "One of the biggest influences on my own work, if not the biggest. When it came to writing dialogue, he sat on the mountaintop while the rest of us wandered in the valley. He's truly irreplaceable. The world is poorer for his leaving it."

Talking points

A reunion in the works for Pattinson and Stewart?

"Twilight" fans take heart: There may still be hope for exes Robert Pattinson and Kristen Stewart, as the pair reportedly met up at Stewart's house earlier this month for "a very intense conversation," according to Us Weekly. "They will probably pick up where they left off. Rob's obsessed with her," a source says. "She's still heartbroken. She can't seem to get over him." The "Twilight" co-stars officially split in May.

TAYLOR SWIFT
GETTY IMAGES

Swift makes joke on jar of jam

Ed Sheeran shared a photo of a jar of jam Taylor Swift had given him with a handwritten note on the label. "Yo Ed, I'm really happy for you and I'm gonna let you finish but this is the best jam of all time," she wrote, in a nod to Kanye West's antics at the 2009 "MTV Video Music Awards."

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
@dorothyatmetro
dorothy.robinson@metro.us

'NSync back in action?

It looks like 'NSync is back, well, in sync. The Internet was abuzz with news that Justin Timberlake will be performing with J.C. Chasez, Lance Bass, Joey Fatone and Chris Kirkpatrick — better known as that frosted-tip '90s boy band sensation 'NSync — at the "MTV Music Video Awards" on Sunday. So far, JT's publicist has yet to confirm or deny the news. The publicists for the rest of the band also didn't say anything, but that's probably because they don't actually have publicists anymore.

Lily Tomlin to wed

Lily Tomlin and her longtime partner, Jane Wagner, may finally tie the knot now that same-sex marriage has returned to California, she told the crowd at a pre-Emmys reception in Los Angeles this week. "Jane and I have been together for 42 years. We're thinking maybe we'll get married," Tomlin said. "You don't really need to get married, but marriage is awfully nice." But don't expect the celebrated comedienne to don a traditional white gown. "No rings, no bridal dresses," she said. "Maybe we'll be dressed like chickens."

LILY TOMLIN
WIREIMAGE

A Metro mea culpa for photo mistake

While Lily Collins, Jamie Campbell Bower and Kevin Zegers, stars of "The Mortal Instruments: City of Bones," may someday be huge marquee names, we have a confession to make. Yesterday, we published an interview with Bower and mistakenly used a photo of Zegers. In our defense, they look amazingly similar, as pictured above. We apologize for the mistake — and if you have a copy of yesterday's paper, hang onto it. It may be a collector's item when either of these guys make it big. Can you imagine looking at a paper from 1996 and seeing a photo of Matt Damon next to an interview with Ben Affleck? / GETTY IMAGES FOR SONY PICTURES

GETTY IMAGES

ADAM WINGARD

Indie horror-maker dips feet in the mainstream with "You're Next."

WORKING FOR THE MAN

For years, director, writer, cinematographer (and occasional actor) Adam Wingard has labored in the world of indie horror. After numerous shorts (including the "V/H/S" series), he made "You're Next." Written by Simon Barrett, the film is a home invasion thriller with enough loose indie acting — and a sick sense of humor — to make it stand out. Made in 2011, it's now receiving a decent release by Lionsgate.

Quoted

"The mumblecore thing is about creating reality beyond what you usually see in cinema." Wingard

I read that you were shocked when "You're Next" got a strong audience reception during an early test screening. Were you not trying to make something to cross over?
Going into it, I was actually trying to make something more accessible, something that could be seen in a mainstream light as opposed to the movies we'd done up to this point. ... As a kid, I watched a lot of crazy, big-budget Hollywood movies, horror films and so forth. Those were the kind of things that initially made me want to make movies.

But the film still has a loose style.
I did want to use aspects of what you would normally consider a conventional cinematic language and integrate it into my kind of style. Still, I couldn't rely on overly shaky handheld camera movements and weird editing styles. Normal audience members, they just want to be involved in the story.

Are you reluctant to do more studio work?
I feel like as a filmmaker you have to give the studio thing a shot because at the end of the day every time you make an indie film, you're taking a gamble. ... Will somebody pick up this film? What will happen to it?

There are members of the "mumblecore" scene here. How did this approach jibe with the horror elements?
The mumblecore thing is about creating reality beyond what you usually see in cinema. You're not picking actors based on a role. You're picking roles based on actors. I wanted to bring that aesthetic to it.

Bonus question

Sloppy with Joe

You've worked with filmmaker Joe Swanberg, not only here but on several other projects. You two would seem to have different sensibilities entirely.
I think I kind of opened his eyes to a way of filmmaking that was possibly a little sloppier than he was used to — the kind where you can get it done in a couple days. Working with him has been a mutually enriching experience for both us. I opened his eyes to that kind of film, and he helped me understand what good acting was.

See more at www.metro.us

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TV watch list

REALITY

'Here Comes Honey Boo Boo'

Tonight, Mama June is overwhelmed by wedding plans. We feel for her — deciding between opossum and raccoon for the main course at the reception is a big decision. **8:30 P.M., TLC**

REALITY

'Modern Dads'

In the series premiere of a new show profiling stay-at-home dads, we meet four men struggling with emasculation ... ahem, struggling to balance their home and social lives. **SERIES PREMIERE, 10:30 P.M, A&E**

DOCUSHOW

'Polyamory: Married and Dating'

This show could also be called "Most Men's Dream Scenario." In the second season premiere of a show that looks at married couples who invite other partners into their beds — both together and apart — a new Hollywood threesome is introduced. **SEASON PREMIERE, 11:30 P.M., SHO2E**

This blushing bride-to-be is stressed out. / TLC

REALITY

'Couples Therapy'

In the third season finale, Joe Francis (aka the perv extraordinaire behind the "Girls Gone Wild" empire) and his long-term conquest — er, girlfriend — leave the house. Parting is such sweet sorrow. **SEASON FINALE, 10 P.M., VH1**

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BEN FOSTER

The actor talks about what drew him to "Ain't Them Bodies Saints" and the state of movies.

BURN, HOLLYWOOD, BURN

Since the start of his career as an actor, Ben Foster has sought out the more interesting, engaging and harder-to-categorize roles available. His latest, the thoughtful, ambiguous "Ain't Them Bodies Saints" by writer/director David Lowery, offers him just such an opportunity. But roles like this are few and far between these days, he admits. And he has some choice words about the current state of the Hollywood blockbuster.

This film offers great looks at three characters — played by yourself, Rooney Mara and Casey Affleck — without taking any sort of moral stance on their actions.
Isn't that nice? [Laughs] It's interesting, I spoke to somebody who came up to me and they said, "God, I thought you were the bad guy in the film, but you're not the bad guy in the film. There's not really a bad guy in the film." And I thought, how strange, how we're so conditioned to expect an A-B-C line of events and narrative in a film, where David is much more interested in hope, love and longing, and he explores these qualities aesthetically, the way that someone may live and behave in their house alone.

Do you think it's sad that it's so refreshing to see a movie like this?
It's frightening, going to the movies these days. It's a time of transition. We are being grabbed by the scruff of the backs of our neck and having our face shoved into money burning. That's what cinema has turned into.

That's a good way to put it.
That's why we go to movies these days. We just want to see a big pile of millions of dollars burn on camera. That's what we watch. It's event-oriented. It has to be an event, a ride. It has to be brain-numbing. Now, of course, there are examples that work. I loved "World War Z" — that was a great ride. What Brad Pitt did with that, it was a great ride. But ... yeah, I'm mourning the loss of people being with each other, the exploration of being with people and how confusing it is to be a person, how clumsy it can be at times, how we're all trying to connect on some level. I think we need more of that to be reminded that we all feel this way rather than having our heads punched in by talking cars and men in tights.

NED EHRBAR
ned.ehrbar@metro.lu

Bonus question

This film shows remarkable restraint in its storytelling.
Reading it felt like listening to an old country-western song. It had all the makings of something that Willie Nelson would've sung. ... David Lowery is interested in the space between words, and I think he did a damn fine job of capturing that.

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Trending at Fringe Fest

Theater. There's only one week left.

"The Rufus Equation" is among this year's science-themed fare at Fringe Fest. / DIXIE SHERIDAN

After a three-week run, the 17th New York International Fringe Festival comes to an end Sunday — but for now, it's still in high gear, churning out an average of 40 performances per day across 20 venues. So of course, you may be wondering how to prioritize. On the FringeNYC website (www.fringenyc.org), you can filter shows by location, time or theme. This year's themes have a distinctly nerdy twist: Elena K. Holy, producing artistic director of FringeNYC, notes a distinct trend in science-themed plays. She tells us more:

What's exciting this year?
Each festival is exciting, as each gathers an entirely different little village of folks. We're seeing a lot of familiar faces in the audience, as well as those just discovering FringeNYC in our 17th year. The energy is amazing.

What's trending?
Of particular note is a strong group of science plays; science and art in combination is always fascinating. Quantum physics, string theory, genetics [and] cloning are all discussed through both bold dramatic writing and hysterical comedy.

What are you looking forward to the most?
I love watching these artists come into their own, reap the rewards of their hard work and blossom in front of New York audiences. And when audiences and artists gather at FringeCENTRAL (Fringe Fest's home base at 27 Second Ave.) to discuss the work, it's fun.

DANIELLE SCHOECK
letters@metro.us

Science plays

'And It Spins Twice'

When two theoretical physicists learn they're seeing the same man, they have to consider the endless possibilities. (Tomorrow 4:15 p.m., Friday 8:45 p.m., Saturday 3:45 p.m.)

'Unbidden'

Exiled geneticist Dr. Julia Lamb remembers saving the world. But did it really happen? (Tomorrow 9:15 p.m., Thursday 5:45 p.m., Friday 3:45 p.m., Saturday 7 p.m., Sunday 3:15 p.m.)

'The Rufus Equation'

Professor Bert Rufus can't land a date. So he works on an invention that will change quantum physics. Plus, it might get him laid. (Tomorrow 2 p.m., Friday 2 p.m.)

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The most expensive property to hit the market this week is a penthouse located at 60 Warren St. in Tribeca. Marketed by Sotheby International Realty, this four-floor condo offers two terraces, a private rooftop garden, rooftop gym, fireplaces and a 100-bottle wine storage.

Cheapest

$225K

The least expensive property to come to the market is a studio in the Woodstock Tower at 320 E. 42nd St. Marketed by Corcoran, this studio offers hardwood floors, walk-in closets and beamed ceilings. Building amenities include gym, laundry and proximity to Grand Central.

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www.nycommunities.org/CSA

Peek inside NYC's priciest rentals

Real estate. These luxe apartments rent for six figures.

Whether it be a townhouse or a condominium, Manhattan has the priciest rentals in the city. Here's a look at five of the most expensive options on the market at the moment, including a $135,000-a-month penthouse condo at The Waldorf Towers.

Black and white tiles adorn the swanky lobby at 502 Park Ave. / WWW.TRUMPINTERNATIONALREALTY.COM

100 E. 50th St.

This 3,200-square-foot penthouse condo in The Waldorf Towers at the 42-story Waldorf Astoria hotel costs $135,000 per month. Available for a one- to five-month lease, it was the most expensive rental apartment deal of 2012 when the owners found a tenant last year. The three-bedroom unit now technically has been on the market since July 2012, although some tenants have stayed for two weeks at a time. It will be occupied next month during the United Nations General Assembly, and will not be available for a term of one month or longer until mid-October, according to Brown Harris Stevens' Margaret Bay, who has the listing.

The $125,000-a-month condo at 15 CPW features a library and two laundry rooms. / STREETEASY

6 E. 93rd St.

The 10-bedroom, 10-bath limestone mansion at 6 E. 93rd St. in Carnegie Hill is asking $125,000 per month. There is 12,120 square feet of indoor space as well as a 3,350-square-foot terrace, garden and roof deck. Cathy Franklin and Alexis Bodenheimer of Brown Harris Stevens have the listing.

15 Central Park West

This five-bedroom, six-bathroom condo on the 35th floor of Robert A.M. Stern's neoclassical 15 Central Park West in Lincoln Square is asking $125,000 a month. Emily Beare of CORE has the

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listing. The condo, which features a library, two laundry rooms and a gallery area, came on the market in June.

52 E. 72nd St.

This seven-bedroom, seven-bathroom penthouse condo, asking $100,000 a month, is located at 52 E. 72nd St., between Madison and Park avenues. The 6,300-square-foot, four-floor unit comes fully furnished and has a terrace. The gallery leads to a 26-foot library with a wood-burning fireplace and an adjacent formal dining room. John Burger of Brown Harris Stevens has the listing. It hit the market July 31 with a $75,000 ask that has since been bumped up by $25,000.

502 Park Ave.

This seven-bedroom, eight-bathroom condo covers 7,132 square feet of Trump Park Avenue, located at 502 Park Ave. in Lenox Hill. Michelle Griffith of Trump International Realty listed it on July 11 for $100,000 per month. It features four terraces, a private elevator and a 12-month climate control system. **MARK MAURER**

TheRealDeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.

THE REAL DEAL

It's just $125,000 per month to live at 6 E. 93rd St. / STREETEASY

Commercial deal.
Maker of iconic biker jacket inks Soho lease

$1,035, WWW.SCHOTTNYC.COM

The company that makes the biker jackets that the Ramones turned into high fashion is opening a store in Soho — its first New York City retail location in 70 years.

Schott NYC signed a 10-year lease last week at 236 Elizabeth St., according to Dawn Ferrer, an associate broker at Cushman & Wakefield. Ferrer represented the 100-year-old company alongside colleagues Alan Napack, a Cushman senior director, and director Greg Tannor.

Elizabeth Street is already home to many trendy fashion boutiques, including Tory Burch and Cynthia Vincent, which both are on the same block that Schott will occupy. Schott will pay approximately $140 per square foot for the 1,880-square-foot space, Ferrer says.

"They felt it was time [for a retail location]," she says of the company. "Their jackets have never gone out of style. They've done very well, and it was time to take it to a new level."

In a statement, Jason Schott, COO of Schott, said: "In 1913, my great grandfather began making jackets in the basement of a tenement building in the LES. Today, Schott can be found worldwide, but it is my true honor to mark his accomplishments by opening this store less than a mile from his humble beginnings."

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Real estate red flags

The unemployment rate in New York City is one of the warning signs that dark clouds are coming for real estate.
GETTY IMAGES

Analysis. Amid market euphoria, are dark clouds on the horizon?

The Manhattan market has enjoyed a heady year so far, with historically low interest rates and a seemingly limitless influx of international capital sparking a demand for trophy properties. Mammoth trades, such as the sale of two penthouses at One57 for more than $90 million each, have set new expectations.

"There's a lot of euphoria in the marketplace, and a lot of people think that is going to continue," said Noah Rosenblatt, founder of Manhattan market analytics website UrbanDigs.

Then again, many market-watchers missed or failed to heed the warning signs in the run-up to the 2008 real estate collapse.

And despite the mostly sunny forecasts, a handful of industry observers are warning of dark clouds on the horizon.

Jonathan Miller, president of the Manhattan appraisal firm Miller Samuel, has said for months that the real estate market is not in a recovery, but a "pre-covery."

Let's take a closer look at the red flags in the current real estate market.

Rising interest rates

Chief among economists' concerns is rising interest rates. Since November 2008, the Fed has engaged in a policy of "quantitative easing:" buying bonds to keep interest rates at extreme lows to help stimulate the economy. But in May, Federal Reserve Chairman Ben Bernanke announced that the Fed may scale back on bond purchases this year, which would increase interest rates.

Higher interest rates could impact the market in several ways. First, experts said, it could increase the size of home buyers' monthly mortgage

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Quoted

"There's going to come some point in time where people can't afford to spend $2,400 or $2,500 a square foot. ... So buyers are going to have to say 'uncle.'"

Helman

payments.

Miller said rising interest rates could lead to a "surge and stall" situation, in which activity speeds up — as buyers rush to close sales with rates still low — then fizzles.

High unemployment

In June, the unemployment rate in NYC was 8.4 percent, a drop of one percent from the same month of last year but still higher than the national 7.6 percent unemployment rate, according to the New York State Department of Labor. By contrast, the city's unemployment rate in December 2007, before the financial crisis, was 5.1 percent.

Salaries aren't increasing, either. According to the U.S. Census Bureau, the median household income statewide was $56,033 in 2008. By 2011, that figure had dropped to $55,246.

A drop in unemployment is crucial for the city to move to a full recovery, Miller said.

Politics

In his 11 years in office, Mayor Michael Bloomberg has championed pro-business policies. His administration's proposal to rezone a large swath of Midtown East — which would allow developers to tear down old buildings and construct taller skyscrapers — was applauded by the real estate industry.

But though the proposal's enactment was once thought to be a foregone conclusion, the plan has hit a roadblock on the community board level. If it doesn't pass before Bloomberg leaves office, the next mayor may not have the political muscle (or the desire) to push it through.

Spiking land prices

The manic demand for luxury projects has led to a sharp spike in Manhattan land prices — up to $800 per buildable square foot in some cases.

"If land is selling at $800 a foot, then to make sense, the condos would have to sell at $2,200 to $2,300 a foot," noted Neil Helman, a member of Avison Young's capital markets group. "There's going to come some point in time where people can't afford to spend $2,400 or $2,500 a square foot for what was once $1,400 or $1,500. So buyers are going to have to say 'uncle.'"

HITEN SAMTANI AND HAYLEY KAPLAN

TheRealDeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.

THE REAL DEAL

Current shortage

Lack of inventory

New York City's severe shortage of residential inventory has showed no sign of easing.

In the second quarter, listing inventory in Manhattan fell 31.3 percent to 4,795 available units, down from 6,981 in the same period of last year, according to Douglas Elliman's quarterly market report, compiled by Miller.

With the continued lack of inventory, demand and prices should continue to climb. That sounds like a good thing for the market, but Miller said it is "not a sign of strength."

Rather, because the current shortage was caused by tight credit and an unusually low amount of new building, it actually suggests "imbalance and weakness" in the market.

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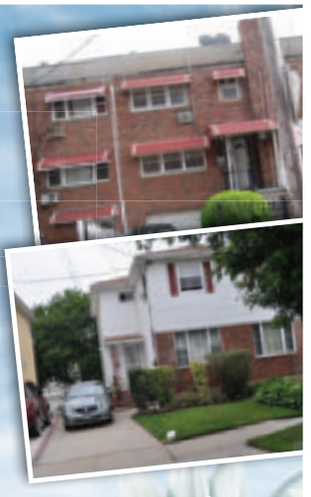

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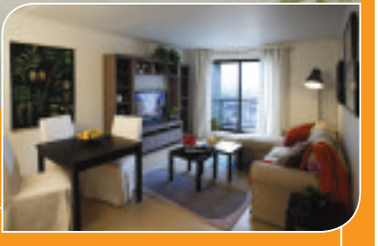

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The debut of Ikea's coveted Stockholm collection

Decor. The retailer's new upscale line offers chic, mid-century modern design.

Mid-century modern lovers, get excited. This month, Ikea introduced its hotly anticipated 2013 Stockholm collection, inspired by the stylish '50s and '60s.

The sophisticated premium line, which first launched in 1984, consists of high-quality materials such as leather, full-grain wood and bone china, and is still available in the price-points we love the brand for.

Despite its upscale, more grown-up feel, the Stockholm collection incorporates some of our favorite trends such as sexy walnut wood furnishings and bright, eye-catching colors (organic color schemes like the Kelly green and citrus yellow are a nod to nature — part of the line's design focus).

KARL LOHNES
letters@metro.us

Standouts

Look for this special (and very well-priced) line in Ikea's fall catalog (which should have been delivered to your mailboxes last week) or in your local store. Here's a look at a few of our favorites:

1 **Chair** Who says that pillows are the only way to bring in color?

2 **Living room** Brighten things up with pops of yellow and green.

3 **Table** Get ready to host. Eight feet of walnut takes mid-century modern good looks into the future.

4 **Rug** Multiple colors means no one will spot that juice stain.

5 **Vase** Colorful blown glass makes even bodega carnations look grand.

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'Saints Row IV'

System: PS3/360
Maker: Deep Silver

"Saints Row IV" is like "Grand Theft Auto" gone really crazy. Be careful with that dubstep gun, bro! / DEEP SILVER

It used to be that the "Saints Row" series was the scrappy little brother to the "Grand Theft Auto" series. He had good intentions, but he just couldn't do all of the things the bigger kids could do. Now, however, the series is more like "GTA"'s moonshine-swilling, Illuminati-talking crazy uncle. You can see the family resemblance, but the end result is in a whole different stratosphere.

And so it goes for "Saints Row IV," the most insane game you've maybe ever played. That's saying a lot, considering the last iteration featured sex toys as weapons. In "SRIV" you'll face off against a nuclear missile, become president and battle hordes of British(?!) aliens. That's all in the first 45 minutes.

If you're new to the series, it is essentially "GTA" on steroids. There are no "sympathetic" characters. There are no attempts to faithfully recreate geographic locations. There is just a gigantic sandbox for you to blow stuff up in. Oh, and there's also a gun that kills people with dubstep music. This game doesn't exactly take itself seriously.

Graphically, the game is fine. It looks just like the last one (which isn't bad). It's not going to win any pixel awards, but it gets the job done. The voice acting is all top notch, featuring Michael Dorn from "Star Trek: The Next Generation" and Neil Patrick Harris from, uh, everything else.

"Saints Row IV" does have a story, which borrows heavily from "The Matrix" and similar sci-fi classics. Eventually you'll find yourself in a virtual version of a familiar location, which allows for tons of new — and pretty amazing — gameplay mechanics. In short, you get super powers. This raises the crazy bar even further, giving you hours of the kind of free-form, nonsensical gameplay that typifies the best in the genre. There's also two-player co-op if you are into that sort of thing (you are).

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Make your hair look like the heat wave never happened

Beauty. Rita Ora's hairstylist gives advice on how to erase end-of-summer damage.

It's the end of summer, and your locks have had enough. From simply being out in the sun to swimming in the ocean, this time of year isn't the kindest to hair, and many of us don't give it the same attention as we do our skin. So, we turned to celebrity hairstylist Johnnie Sapong, who's worked with everyone from Rita Ora to Natalie Portman, for advice on how to protect and rehydrate your hair at summer's end.

Spray on some UV protection before hitting the beach, says Sapong. / GETTY IMAGES, INGRAM PUBLISHING

Get your products right

"Using the shampoo and conditioner that work best for your hair type is really important," says Sapong. "Go for sulfate — particularly sodium lauryl sulfate — free ones. You need to apply the same moisturizing process to your hair as you would your skin." And if your hair is at its breaking point: "At the salon, we use a lot of Leonor Greyl's Huile de Palme because it imparts similar oils to the ones the hair produces naturally," says Sapong.

Fight oil with oil

We can often be wary of oils due to the greasy feeling we associate with them, but Sapong says it's all about process. His advice: "Take three tablespoons of palm oil, apply to the mid-lengths and ends, then brush through. Leave for 20 to 30 minutes, wrap a towel around your hair so the heat can activate the treatment, and then shampoo."

Make the sun work to your advantage

"Leave some conditioner in whilst in the sun. It'd be like a treatment. Products with UV protection are a good choice, too."

KATHRYN GILBERT
letters@metro.us

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Spike it like Kerri Walsh Jennings

Fitness. The volleyball pro bounces back from a baby with a hot bod and a fierce attitude.

When Kerri Walsh Jennings was spiking and diving her way to a record third gold medal at the 2012 Summer Olympics, she had her longtime teammate Misty May-Treanor by her side. Little did we know there was a third teammate hustling around.

In September, Walsh Jennings, 35, announced that she was pregnant with her third child, Scout, while defending her gold in London. After giving birth in April, the athlete already has her finely toned body back on the sand, and she claims she's in top form.

Walsh Jennings was pregnant during London 2012.
NBC, NBCU PHOTO BANK

"I feel a lot stronger than I ever have this time," Walsh Jennings says. "Every pregnancy is different. This pregnancy I focused a lot on strength training. I lifted a lot of weights. I wanted to come back strong."

To prepare for the latest AVP beach volleyball tour, which will stop in Atlantic City Sept. 6-8, Walsh Jennings starts her workouts with two to three hours of team volleyball. From there, she does an hour and a half of individual volleyball and then a beach workout that includes sprints and core work. Part of her regimen is Olympic lifting, which she does up to five times a week.

Though May-Treanor has retired, ending the most dominant duo in American volleyball history, Walsh Jennings is poised to return to the Olympics in 2016.

"In life, it's really important to set goals and know where you want to go, and I definitely know where I want to go," she says. "I want to win gold in Rio."

CHRIS LONGO
letters@metro.us

Bump it

Her fitness tips

Play around: "The best way to get in shape is to play in games — volleyball, basketball, whatever. That's a great way to shape your body."
Start strong: "I think foundation is really important. To have that foundation of strength, it helps with your metabolism, it helps you feel better in a bikini. I wish everyone had the opportunity to do Pilates. I just believe in it so much. It makes you stronger than you ever knew possible, because it works on things."

Watch her live

See Kerri Walsh Jennings hold down the court Sept. 6-8 on the Atlantic City Boardwalk between Revel and Showboat casinos. General admission is free and non-ticketed. For more information, visit www.avp.com.

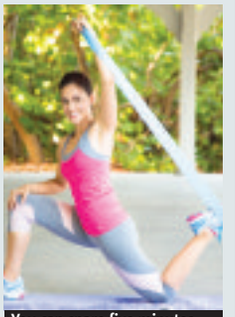
30-second lifesaver

This week's tip comes to us from Jorden Gold, founder of Stretch Zone Inc. (www.stretchzone.com).

The anti-chair stretch

Most of us spend more than half our waking life sitting — behind desks, commuting or in front of the TV — causing muscle imbalances to occur. All of this time sitting is why our hip flexors are among the most common muscle imbalances and causes of back pain. Contracted and tight hip flexors pull the lower back and pelvis forward — a common cause of lower back pain.

Getting out of your chair and performing this stretch can help.



You can spare five minutes away from the chair.
ADAM JOHN PASS

Kneeling lunge hip flexors stretch

Set-up: From a kneeling position, begin with weight on the knee of the leg to be stretched. Place a strap around the foot and hold the ends with your same-side arm over your shoulder.
Action: Sitting up straight on your knees, shift forward while flexing the knee back, pulling the heel toward the buttocks, gently assisting with the strap. Stretch it gently and quickly, holding the stretch for no more than two seconds. Repeat each stretch in continuous rhythm for three to six repetitions per side. Exhale through the stretch.

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On the Run

JIM CARROLL

Jim Carroll has been a New Yorker for more than 15 year,s but is about to experience one of the most quintessential New York experiences for the first time: the ING NYC Marathon. Join him each week on his journey to the finish line on Nov. 3

IF THE SHOE FITS, WEAR IT — OR NOT

Running barefoot: Insanely brave or bravely insane? / ILLUSTRATION BY JIM CARROLL

The other night, our team training consisted of 16 200-meter sprints. It took a real toll on my feet. I hobbled home to my apartment like a survivor of the Bataan Death March (Google it — it sucked). Getting home, I took off my running shoes, wept a bit and put them next to the other pairs.

Today's runners are damn lucky to even have running shoes. Pheidippides, the original marathoner, ran in sandals. Of course, he didn't even know he was running a marathon, so we can excuse him for his casual footwear. What we can't excuse him for is inventing the marathon — a deed that makes him solely responsible for ruining many, many pairs of feet. Pheidippides ran 26.2 miles to Athens to announce the victory of the Greeks over the Persians at the battle of Marathon. I'd prefer he had invented the telephone instead. Hell, I would have settled for the carrier pigeon. Legend has it, he died at the end of his run. Okay, we're even.

I buy my shoes at The Super Runners Shop, a chain of stores pretty much devoted to the running shoe. They have a computer system that analyzes a customer's step (apparently I have an extremely high arch with the structural integrity of a Chinese suspension bridge). This information aids them in directing a customer to the right shoe. I own two pairs of Asics, one pair that's padded for runs over 14 miles and a less-padded, lighter "minimalist" pair for 13 miles and under. I also have an old pair of Sauconys for running in the rain and painting a boat, if I owned a boat.

There are the Vibram FiveFingers, shoes that look like gloves for your feet (a perfect gift for the health-minded, pedi-dexterous thief who has everything — no finger prints and a quick getaway). They're the closest thing to running barefoot.

Then there are those who actually run barefoot. They're out there. The winner of the 1960 Olympic Marathon ran barefoot. Today there is the Barefoot Runners Society, a group of unshod runners who run 26.2 miles au naturel. I'm intrigued by these people. I'm not sure if they're insanely brave or bravely insane, but I bet there will be a couple of them running in this year's marathon. It may be difficult to spot them in the shuffle of 42,000 pairs of feet. I suggest looking for the person running with a Corn Flakes box on his or her head muttering about the alien abduction of JFK. But more likely it'll be the person with a total look of confidence that says, "Yes, not only am I running a marathon, but I'm running it barefoot. I also have X-ray vision and sleep on broken glass."

Old sneakers, high-tech racers, sandals, weird web things or damn bare feet — everyone's got their favorite style, and as long as you make it to the finish on Nov. 3 (and then give those sweet feet a nice eight-month break), it's cool by me.

Sumayah Jamal, M.D.- PhD.
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3 new foods we're loving

The lineup

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2 Health Warrior Chia Bars in new flavors

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3 Wholly Guacamole 100-calorie mini cups

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MEREDITH ENGEL

PODIATRIST

The Most Advanced Techniques Used for Bunions and Hammertoes

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New Treatment For Heel Pain, Shockwave, PRP as seen on the front page *of The New York Times* | Platelet Rich Plasma Therapy (PRP)

Take the Foot Health Checkup

- My toenails are streaked, discolored, thickened.
- The side of my toenails dig into the skin and hurt.
- I have a large bump behind my big toe (or little toe) which is always red.
- I get an extremely painful "cramp" in the area of my third and fourth toes when wearing shoes.
- My toes aren't straight - they are crooked, bent and hurt.
- I have painful calluses on the ball of my foot which keep building up.
- I have corns on my toes which get thicker no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly - sometimes they itch.
- My feet just hurt all over when I stand or walk a lot.
- I have numbness, burning, infection, persistent pain, skin rash, or open sores.

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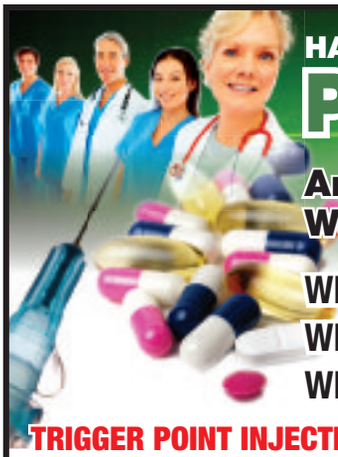

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Horoscope

♌ Leo | July 23-Aug. 22. Get together with people who make you think in unusual ways. Make personal improvements.

♍ Virgo | Aug. 23-Sept. 22. Confusion in your emotional relationships will surface if you aren't specific about your likes and dislikes. Communication will be key.

♎ Libra | Sept. 23-Oct. 22. Problems getting things accomplished will hamper your ability to deliver. Don't promise what you cannot provide, even if it means disappointing someone.

♏ Scorpio | Oct. 23-Nov. 21. You'll have the drive to get things done, but interference may stand between you and success. Alter your living space.

♐ Sagittarius | Nov. 22-Dec. 21. It's a good day to engage in activities that require your talents. You'll impress someone who can boost your reputation.

♑ Capricorn | Dec. 22-Jan 20. Take a different approach to your daily chores and you will inspire those around you to follow suit. Money will come to you from an unusual source.

♒ Aquarius | Jan. 21-Feb 18. Partnerships will be tense if you don't make an effort to discuss your feelings honestly. You cannot improve if you don't address what's bothering you.

♓ Pisces | Feb. 19-March 20. Your unusual approach to financial and personal affairs will lead to all sorts of interesting and unique opportunities.

♈ Aries | March 21-April 20. Your changing mood and unpredictable nature will cause others to question your methods. Make sure you are being practical.

♉ Taurus | April 21-May 21. You are in a cycle where big decisions can be made regarding how you spend your time. A move may be necessary — don't fear it.

♊ Gemini | May 22-June 20. Take some time to pamper yourself. Enjoy the company of someone special. Romance will lead to optimism.

♋ Cancer | June 21-July 22. Too much of anything will cause problems at home and at work. Discipline will be required to offset your desire to indulge.

BERNICE BEDE OSOL

Sudoku: Easy and hard

	6				3		5	7
7		9			5	8	6	
			8					
	8	2	3		7			
9				4				6
			5		9	3	4	
					2			
	1	3	9			2		5
5	2		6				8	

9					3			
	3		7	5	8			
7		8					5	
	2	5		7				
3	9	7				8	1	2
				2		3	7	
	8					4		6
			6	8	5		9	
			1					8

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

'Dreams' a nightmare for parents

Re: 'Assembly required to build a dream job' (Metro, Aug. 19) Parenting a "dreamer" is extremely exasperating. No attempt to reason with him, to have a Plan B in case the "dream" doesn't work out is even considered! After all, this is his "dream." He should pursue it and keep pursuing it. Now, there is even a book to say that, too. It's not about "obtaining whatever goal," but more about the "journey." How cavalier and romantic! What about his dad and I, who spent all that money on his college degree just a few short years ago and who also had their own "dreams" for him? Oh, I guess we don't count, right? Just as long as he is "pursuing something you care about." His parents, who sacrificed for him when they were young and gave up their "dreams," don't matter. A book about youth following their "dreams" cannot be complete without interviews from parents of these "dreamers."

REGINA DERISO, VIA EMAIL

Online

Read letters at Metro.us

In addition to news, features, updates and more, Metro is posting letters to the editor at Metro.us.

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

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Crossword

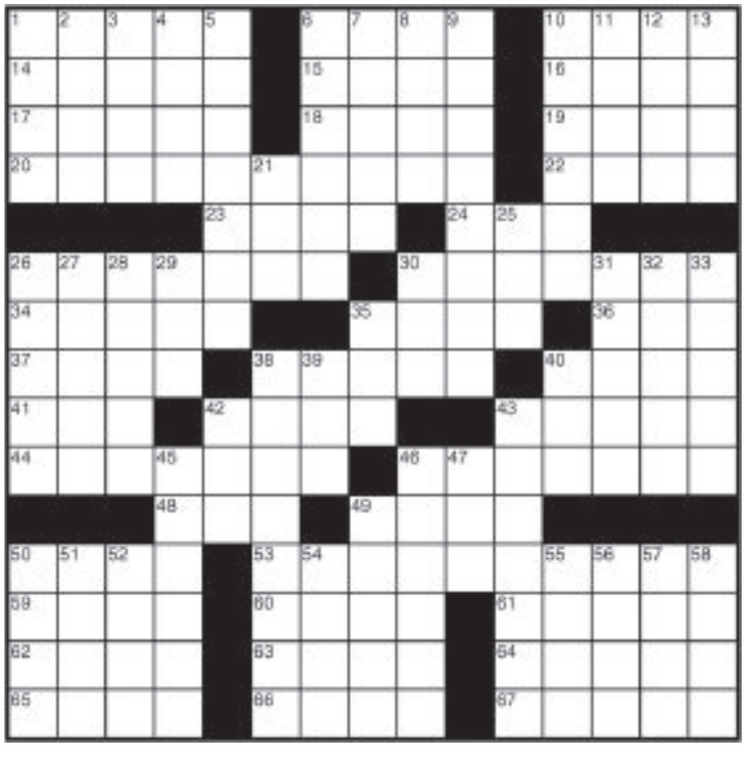
Across

1 Win every game
6 Sour, as cream
10 Perfume holder
14 "— la vista!"
15 Downs of "20/20"
16 Beef-rating org.
17 Vow venue
18 ASU rival
19 Pounce
20 Money source (2 wds.)
22 Opal and topaz
23 Pitch-dark
24 KGB counterpart
26 Weighs down
30 Dock
34 Toward the future
35 Director Joel —
36 Galleon cargo
37 Pinch hitters
38 Some are raw
40 Lapp neighbor
41 Vexation
42 Competed for
43 Sun, in combos
44 Trinidad music
46 Nods off
48 Pale gray
49 Get better
50 Farm building
53 For the most part (2 wds.)
59 On a rampage
60 Staffer
61 Portage item
62 Eli's school
63 Eggy drinks
64 Dull green
65 Snakes do it
66 Proofer's word
67 Increased

Down

1 Pillow cover
2 Hull plank
3 Is, in Segovia
4 And others (abbr.)
5 Celebrated
6 Tosses away
7 Fortunate
8 Eye amorously
9 Roofs with straw
10 Coarse
11 Shrink's reply (2 wds.)
12 Economist -- Smith
13 Relay parts
21 Rustic lodging
25 Na+, e.g.
26 Rudimentary
27 "Star Trek" lieutenant
28 Buck the system
29 They prosecute perps
30 Our sun
31 Slaves away
32 A Muppet
33 Banned things (hyph.)
35 Jerk
38 Suds containers
39 Help-wanted abbr.
40 Smattering
42 Gore, et. al
43 "Golly!" (2 wds.)
45 Pulled hard
46 Abhor
47 Squeal on
49 Type of mutual fund
50 Howls
51 Memsahib's nanny
52 Butler, to Gable
54 Laugh-a-minute
55 Actress — Powers
56 PC system
57 Quiet inlet
58 Pay attention

Yesterday's answer



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Gates honing skills to contribute this season

Gates had three catches for 39 yards in the preseason opener against the Jaguars. / GETTY IMAGES

NFL. The receiver spent the offseason working hard at learning his craft.

Clyde Gates got better this offseason by matching his skills against shadows and thin air.

There is still a learning curve for Gates, who originally went to college to play basketball but eventually ended up at Abilene Christian, where he switched to football — a sport he had never played.

Gates has drawn praise for his improved route-running, a glaring weakness last year.

"Mainly, that's what I did [this offseason], I conditioned and ran routes," Gates said. "I wasn't going up against anybody. I was going against the air. I didn't have the defense to go against as I was working out with my friends and trainers. What would I do if he was there? What would I do against this coverage? That's what I worked on."

He spent evenings in front of his laptop on — of all things — YouTube in an effort to get better.

"[I] YouTubed a lot of Chad Ochocinco, a lot of Jerry Rice, a lot of Terrell Owens. My main player was Chad Ochocinco. I like the way he runs his routes," Gates said. "I'm also a visual learner, and I can see it and go out there and do it. I'd picture a look from a defensive back and go out there and try to do it — just like I saw on the video."

KRISTIAN DYER
sports@metro.us

On the bike

Milliner may miss game against Giants

It has not been a good week for Jets rookie Dee Milliner. After a rough showing Aug. 17 in the Jets' second preseason game, Milliner was a scratch from practice yesterday, as head coach Rex Ryan refused to commit to playing the first-rounder this weekend.

"He had a sore calf," Ryan said. "And I think that's still it. It hasn't been getting a whole lot better. When the trainers came to me and said, 'Let's give him some time,' that's what we do. We listen to the experts."

Milliner stretched with the team, but then worked with the trainers, including extensive stretching and riding the stationary bike. KRISTIAN DYER

3 SPORTS

Watch online

Find video and recap of yesterday's Game 2 between the Jays and Yankees at: **Metro.us/sports.**

Cruz sidelined

Cruz watches practice in boot, on crutches

Victor Cruz has just one catch — a 57-yard touchdown against the Steelers — this preseason. / GETTY IMAGES

Giants wideout Victor Cruz made an unexpected appearance during the pre-practice media session yesterday, and just as unanticipated, he arrived at the podium in a walking boot on his injured left foot and aided by crutches.

Cruz, though, insisted he's "feeling good … better than [Sunday], which is a good sign," and is holding out hope he can actually play again this preseason once the swelling goes down.

"I felt it go numb immediately, and I knew something was wrong, but good thing it's just a heel bruise, a heel contusion. It's not too bad," said Cruz. "They [team doctors] are just saying day to day right now."

Cruz is expected to be replaced in the starting lineup by Rueben Randle or Jerrel Jernigan, with Kevin Hardy possibly in the slot when the Giants use three wide receivers.

"I think we all have a competitive nature that if we're injured, we're going to continue to fight through and give our best effort, so I can't really see [a huge drop off]," Randle said.

Cruz will most likely miss the Jets game Saturday night, something that he hopes won't be true. But given the short turnaround between the second and third preseason games, and the fact most regulars sit out the final preseason game, it looks like the receiver may have to wait until the season opener to play meaningful snaps again.

"I want to make sure all of the swelling is gone and kind of attack it early, keep it iced as much as possible, get the ice massage and get the swelling down as much as possible … [and] just kind of stay ahead of it," Cruz said. "But I don't see it lingering or anything long term with this."

TONY WILLIAMS

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Past participant shown. ©2013 USTA. Photo © Getty Images.

Comeback trail

Wright still plans to be back in 2013

David Wright has not written off returning to the Mets prior to the conclusion of the 2013 season.

Prior to the start of last night's series opener against the NL East-leading Braves, Wright updated reporters on the state of his right hamstring, which he strained trying to leg out an infield single on Aug. 2. He was placed on the DL the next day.

"I don't think — in my mind — there's any question [I'm trying to come back this year]," Wright said. "It's always important to me on a number of different levels. One, this is what you do; this is what I love to do. I can't tell you how bored I was the last two weeks."

Even though he has been working with therapists at the Hospital for Special Surgery to regain strength and flexibility in his leg, Wright was steadfast in his belief he should be examined by team medical personnel before being sent to the minors for a rehab stint.

"They haven't given me any indication, but it's been two weeks now," Wright said. "So, it's not like I've forgotten how to play the game in two weeks, so I don't think it would be [a] long [rehab] at all. A couple [games], maybe. Again, that's just me talking."

DENIS GORMAN

Girardi: No comment on Dempster's ban

MLB. The Yankees manager was clearly not happy with MLB's decision to only suspend the pitcher five games.

Girardi said after his outburst that Dempster deserved to be suspended more than the usual five games. / GETTY IMAGES

Manager Joe Girardi had a late-night flight from Boston and a day off to think about Ryan Dempster's actions toward Alex Rodriguez in the second inning of Sunday's 9-6 win.

A day and a half later, the Yankee manager is still steamed over Dempster appearing to purposely hit Rodriguez with a fastball.

Dempster was not ejected by plate umpire Brian O'Nora Sunday. But MLB handed down a five-game suspension, as expected, to Dempster yesterday.

Girardi didn't comment on it directly, but his body language seemed to indicate dissatisfaction with the decision.

"I don't really have any comment," he said. "I don't know."

When asked a different way, Girardi said, "No comment is no comment."

Since the Red Sox have two off days this week, Dempster's turn in the rotation likely won't come up and he won't even miss a start.

Girardi was also fined an undisclosed amount, though the Associated Press reported his ejection and criticism of the umpire will set him back $5,000.

LARRY FLEISHER
sports@metro.us

Yankees 8, Jays 4

Chris Stewart was the unlikely hero in an 8-4 Yankees win over the Blue Jays in Game 1 of yesterday's doubleheader. Stewart hit the go-ahead, three-run homer.

- "It's not an everyday thing," he said. "I don't know. Hell might freeze over now, but it's definitely nice to contribute at the plate."

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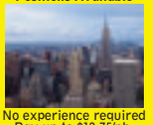
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Rosedale- Huge, 2 fam. brand new constr. Det, 40x100, 6 BRs, 5 full ba, lge BRs & kit, full bsmt, drwwy. Big Yard. Solid house. Owner 718-297-0505

Homes

Springfield Rosedale Renov 2 fam 3/3, fin bsmt, 5 bth, drvwy Owner 347-465-6400

♥ ST. ALBANS OPEN HOUSE ♥
Sun, 2-5 pm, 191-21 112 Rd.
Comp renov 1 fam, huge det 5 brs, fin bsmt. Owner 917-407-3247

Woodhaven $350,000
2 family,32 fully finish basement 3 baths. Driveway. Call Maybell 718-300-7057 Hablamos Espanol.

POCONO COLONIAL $115K
4 Br, 3 Ba, Tile Custom E.I.K., Master Suite, Dr, Sunken Lr, Bkyd, 2 Car Gar, Nr NY Buses Ownr 570-620-8080

SCOTLAND NECK, NC Gorgeous Brick Mansion nestled on 3 acres w/fully furn'd Guest Hse, 5 mins to Roanoke river $279k. Ownr 252-539-9903

Real Estate/Rent

Apartments

160s 1&2 brs $8, Allerton 2br 1300, 3br 1400, 180s Studio 800, 1br 900/$8, 2br 988, Gunhill 1&2 br $8, Kbridge 1100/$8, Faile 1br 1st flr 1050/$8, 170s 3br $8 ★ Susman 718-665-3333 ★

430 E. 162 St. Melrose 3 brs RR apt, 1st flr. Very clean, new kit, Near shops & Metro North. $1375/mo. Brokers Welcome. Owner 212-695-3510

Bainbridge/All Bronx Stu fr. $775, 1 Br fr. $875, 2 Br's fr. $1050. 3/4 Br's, fr. $1200. Also no credit check apts. avail. MAZIE'S RE 718-293-4555

Baychester HOUSE FOR RENT Beaut newly renov, 2 Br Duplex 1.5 bth, yard w/deck/garden, Prkng, no pets. $2000/mo. 347-325-2128 Owner

Bedford Pk ★ Moshulu Pkwy So. Near Park, Garden, Zoo, Trans. 3br $1595/mo. Well Maint'd Bldg 1st mo rent free! Agt 718-657-1085

Boston Rd & Westchester Ave. 1 & 2 BR apts, walk-up bldg. Renov Kit/Bth, nr Trans & School. Sec 8 OK. Owner Maria 914-632-1230

KINGSBRIDGE HTS/Norwood Studios, 1,2 &3 BR's. Free credit ck. Some Sec 8. Bronxwide apts avail. Broker 718-378-4456

MOSHOLU VIC. ★ 1 BR APT, LR, KIT, BATH. CALL OWNER/SUPER BETWEEN 9AM & 5PM FOR APPOINTMENT 347-965-3662

★ BUSHWICK 2 BR APT ★
Nr L & J trains, $1500/mo.
Call Owner 718-574-5589

East Flatbush Ave H & 34th St 1 blk off Flatbush. Near shops, trans. Jr. 4 $1350. Well maint. Rent stabd bldg. 1st mo rent free. Agt 718-657-1085

★RUGBY★ E. 58th St & Snyder Ave. 1 Block off Kings Hwy. Well maint'd rent stabilized. bldg. 1br $1150. 1st ½ mo rent free. Agt 718-657-1085

Far Rockaway- Bayswater- Garden style apt. Quiet resid area. Nr shop, tran bch. Rent stab Spac 1br 975. 1st mo rent free. Agt 718-657-1085

FAR ROCKAWAY Newly Renov 1 BR Apt, New Kit & Bth. Nr trans & shops. Great view of beach. $1000/mo. Pay Own Utils. Owner 917-440-2406

QUEENS VILLAGE ★ HILLSIDE AVE 2 br $1495. Hdwd flr, renov kit. Rent stabilized garden comp, laundry facility. 1st 1/2 mo rent free Agt 718-657-1085

★ Rosedale Off Brookville Blvd. ★ Beautiful 4 Br, 3 Bths, 2 Flrs, 2 Kits, $2600/Mo. REALTY PLUSH ★ ★ 347-489-0450/ 718-276-1255 ★ ★

Apartments

St. Albans 170th St. & Foch Blvd. off 116th 2br $1475 well maint, garden style complex. Nr shops, Q,4,5 bus 1st ½ mo rent free Agt 718-657-1085

JERSEY CITY/Journal Square Vic 15 mins Manh. 3 Br, Bth, Lr, Dr, Kit on 2nd Flr in 2 fam. $1300/mo + 1 mo sec. Crdt/Ref Ck. Owner 201-918-2187

Bronx 1 Bed Apt Starting at $975/mo. Trans nearby. Call 212-152-2670 or 718-844-4898 after 5pm & Saturday's.

Miscellaneous

BARNES AVE VIC Modern Furn rm in pvt home. Immediate occupancy, nr shops & trans. Cable ready $170/wk. Owner 407-883-8027

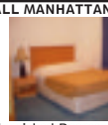
Hunts Point, Bx★ Lg Furn Room for rent. Share Kit/Bth. Male preferred non-smoker. $175/wk + 1 wk rent /1 wk sec to move in. Ownr 646-525-9742

N.E. BRONX / E. 216th St. MUST SEE! Clean Furnished Room. Share kitchen & bath. Near trans & shops. $160/wk. Owner 917-930-2395

SPRINGFIELD GARDENS
Lg unfurnished room for rent in 2 fam. $200/wk. Share kitchen & bath. All util incl. Owner 347-680-1707

Rooms

ALL MANHATTAN/BRONX



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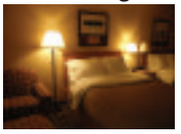

Private Entry Bath Cooking
1 Person/2 Person $125wk/up
room rentals 212-697-3962

Vehicles

Miscellaneous

CORSA EXHAUST MUFFLER SYSTEM for 2007 DODGE CHARGER Hemi for Sale. $900. Call Owner 914-882-5716

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Catch ANNIE on *Cupcake Wars* October 5th at 9p

food network